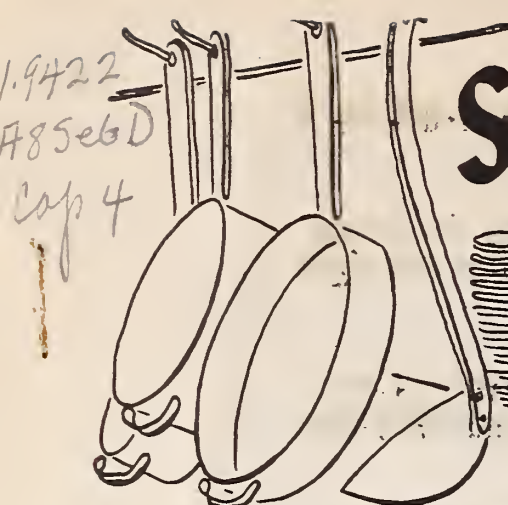


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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FEATURING ABUNDANT FOODS

Victory has changed the food supply picture. Processed foods have been removed from ration controls and blue point problems now may be forgotten.

Set-aside requirements for beef, lamb and veal have been cancelled which should provide a more liberal meat supply. Sugar promises to remain scarce for some months.

FOODS IN ABUNDANT SUPPLY

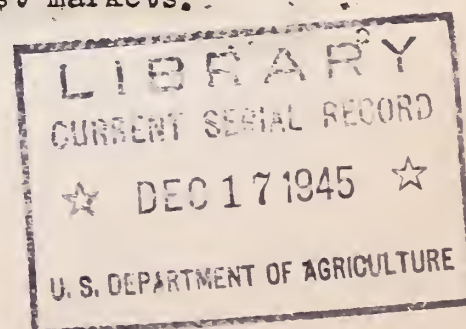
American agriculture has been geared to the largest production program in history. As military needs decrease, many foods will tend to become more abundant and some may even be in surplus supply.

Foods in surplus supply affect the national economy because farmers, if they cannot sell their products, do not have money to buy the goods produced by industrial workers.

Industrial feeding managers may aid with the problem of abundant foods by keeping themselves informed as to market conditions and using foods often when they are plentiful.

The combined food usage of industrial feeding establishments requires many carloads of foods. Food Service managers can help, therefore, to absorb large amounts of the foods that otherwise might become market surpluses.

Cabbage and potatoes are in plentiful supply in Southwest markets. So are pears, peaches, tomatoes and onions.



Cabbage will be at its best for use in crisp salads, soups and as a cooked vegetable.

Potatoes are plentiful once again. The intermediate crop is being harvested and abundant supplies are on the market. They're of good quality and are less perishable than early potatoes.

Right now, because of the large volume on the market, potatoes are selling below the ceiling prices in many places. This is added inducement for food managers to serve potatoes often.

Peaches from Western producing states also will be in good supply this month.

WHY FEATURE ABUNDANT FOODS?

What are the advantages of serving abundant foods frequently in the industrial cafeteria? Here are a few:

1. They're available in the markets at the height of the growing season when they are at their best in color, texture and flavor.
2. They're usually economical foods, either because they're inexpensive or because they're in fresh condition so that maximum yield may be obtained in servings.
3. It's generally possible to select the food in the size, count or kind that best suits your need.

HOW TO FEATURE ABUNDANT FOODS

Some merchandising methods which can be used to promote the sale of abundant foods include:

1. Advertising the featured foods by posters, counter signs and table cards. A story in the plant paper on the nutritive value and methods of preparation of the food will stimulate the interest of workers.
2. Instructing counter salespersons to suggest the featured food to customers.

"We have baked potatoes today," or "The peach short-cake is very good," or "Have you tried the Mexican slaw?", may help to sell these foods if the salesperson's attitude is one of friendly suggestion rather than of high-pressure salesmanship.

3. Using the featured foods on the special lunch.
4. Placing the featured food in a prominent place on the serving counter.

5. Displaying the featured food attractively. For example; serve a featured vegetable salad from a large salad bowl or accent a peach dessert by a display of ripe peaches.
6. Using an abundant food frequently on the menu but not so often that customers tire of it. Vary the form of preparation and the combination in which the food is served.

COOKING CABBAGE

Cabbage is not only plentiful this month but it's also one of the most useful and economical of the vegetables.

Sales of cooked cabbage can be increased if it's well-prepared. When properly cooked, it's pale green or white and has a delicate flavor. Only over-cooked cabbage is discolored and strong-flavored.

To obtain the best color and flavor and to conserve the nutritive value of cabbage, follow these suggestions:

1. Cut the cabbage in wedges or shred it coarsely with as little crushing as possible.
2. Keep the prepared cabbage refrigerated until time to cook it.
3. Cook cabbage in one of the following ways, listed in the order of preference: Compartment steamer...Steam-jacketed kettle...or in boiling water on top of the stove.
4. When cooking cabbage in water use just enough boiling water to bubble up through the cabbage. Add the cabbage to the boiling salted water and bring the water rapidly back to the boiling point.
5. Cook only until the cabbage is tender. Cabbage will cook 7 to 10 minutes in a compartment steamer. When cooked in water about the same length of time is required, counting from the time the water begins to boil after the cabbage is added.
6. Serve the cabbage as soon as possible after cooking. This may require cooking on staggered schedule to replenish supplies of the steam table.

CABBAGE SALAD COMBINATIONS

Cabbage is a versatile vegetable and can be used in many combinations. Some well-liked combinations include:

Shredded cabbage with sliced stuffed olives
Shredded cabbage, diced tomatoes and chopped green peppers

Shredded cabbage, diced cucumbers and sliced radishes
 Shredded cabbage and carrots
 Shredded cabbage, chopped green peppers and pimiento
 Shredded cabbage, diced celery and diced tomatoes
 Shredded cabbage and diced red apples
 Shredded cabbage, shredded carrots and raisins
 Shredded cabbage used as bed for sliced oranges

Cabbage slaw may be served plain or "glorified" as:

Cole slaw
 Hot cabbage slaw
 Mexican slaw (with green pepper and pimiento)

Wedges of crisp cabbage may be used in relish plates. Arrange combinations of crisp cold vegetables on a salad plate and accompany them with a small paper cup filled with Russian or Thousand Island dressing.

Here are several combinations:

1. Celery curl, wedge of green cabbage, carrot strips, green pepper ring.
2. Wedge of green cabbage, green onions, radishes, cauliflowerlet.
3. Wedge of green cabbage, wedges of tomatoes, thin slices of white turnips or rutabagas, green pepper strips.

CABBAGE RELISHES

Fresh cabbage relishes are delicious as accompaniments to either hot or cold meats. Here are two relish recipes:

PHILADELPHIA RELISH

<u>Ingredients</u>	<u>Amounts for 100 Servings</u>
Chopped cabbage.....	10 pounds
Chopped white onions.....	1 pound
Chopped green peppers.....	2 pounds
Chopped red peppers.....	1 pound
Vinegar.....	1-1/2 pints
Brown sugar.....	2 pounds
Celery seed.....	4 tablespoons
White mustard seed.....	2/3 cup
Salt.....	3 ounces

Yield - 100 2-1/2 ounce servings

Combine the chopped vegetables. Mix the vinegar, sugar, spices and salt and add to the chopped vegetables.

CORN RELISH

<u>Ingredients</u>	<u>Amounts for 100 Servings</u>
Corn cut from the cob.....	5 pounds
Chopped cabbage.....	5 pounds
Vinegar.....	1 quart
Sugar.....	1-1/2 pounds
Salt.....	3 ounces
White mustard seed.....	1/4 cup
Celery seed.....	3 tablespoons
Dry mustard.....	1/2 cup

Yield - 100 2-ounce servings

1. Cut the corn from the cob and cook 7 minutes, or use whole kernel canned corn. Chill.
2. Chop the cabbage.
3. Mix the spices, sugar and vinegar together.
4. Combine the vegetables with the spiced vinegar.

SPECIAL LUNCH MENUS FOR SEPTEMBER

These special lunches feature this month's abundant foods and utilize the amounts of meats which can be obtained with the present ration allotment.

1

Vegetable plate:
Stuffed egg salad
Baked potato
Carrots
Parsleyed cauliflower
Whole-wheat rolls with butter
or fortified margarine
Spice cake
Milk

2

Lamb stew with vegetables
(Carrots, green beans, onions)
Steamed potatoes
Sliced tomato and cucumber salad
Enriched rolls with butter
or fortified margarine
Fresh pear
Milk

<p>3</p> <p>Corned beef and cabbage Steamed potatoes Whole-wheat bread with butter or fortified margarine Butterscotch pudding Milk</p>	<p>4</p> <p>Chicken pot pie Mashed potatoes Carrot and raisin salad Enriched rolls with butter or fortified margarine Fresh peach ice cream Beverage</p>
<p>5</p> <p>Boston baked beans Summer squash Tossed green salad Brown bread with butter or fortified margarine Sliced peaches and cream Milk</p>	<p>6</p> <p>Spanish omelet Baked potato Apple, celery and nut salad Whole-wheat bread with butter or fortified margarine Chocolate bread pudding Beverage</p>
<p>7</p> <p>Pot roast of beef Browned potatoes Fresh spinach (or other greens) Enriched rolls with butter or fortified margarine Orange sherbet Milk</p>	<p>8</p> <p>Pork sausage patty Scalloped potatoes Cabbage, celery and apple salad Enriched bread with butter or fortified margarine Chocolate pudding Beverage</p>

9

Baked macaroni and cheese
Spiced new beets
Mixed green salad
Whole-wheat bread with butter
or fortified margarine
Fresh peach cobbler
Milk

10

Veal loaf
Hashed brown potatoes
Buttered cabbage
Enriched bread with butter
or fortified margarine
Gingerbread
Milk

11

Fried fish fillet with
Philadelphia relish
Parsleyed potatoes
Stewed tomatoes
Whole-wheat bread with butter
or fortified margarine
Peach crisp
Milk

12

Cold plate:
Sliced luncheon meats
Potato salad
Sliced tomatoes
Whole-wheat bread with butter
or fortified margarine
Green apple pie
Milk

13

Baked fish
Scalloped potatoes
Cabbage, tomato and green
pepper salad
Enriched bread with butter
or fortified margarine
Peach upside-down cake
Milk

14

Boiled beef brisket with cab-
bage and corn relish
Parsleyed potatoes
Buttered carrot strips
Enriched bread with butter
or fortified margarine
Baked custard
Beverage

THE "BEST BUY" LIST

Colorado	<u>Denver:</u>	Potatoes, roasting ears, cabbage, green peppers, cucumbers, peaches, pears, cantaloupes, squash, grapes.
Kansas	<u>Topeka:</u>	Peaches, pears, sweet potatoes, Irish potatoes, onions.
	<u>Wichita:</u>	Peaches, pears, tomatoes, potatoes, corn, cabbage, cauliflower, lettuce.
Louisiana	<u>Baton Rouge:</u>	Irish potatoes, cabbage, tomatoes.
	<u>New Orleans:</u>	Tomatoes, cabbage, potatoes.
Texas	<u>Ft. Worth:</u>	Potatoes, sweet potatoes, cabbage, onions, tomatoes, oranges, apples.
	<u>Houston:</u>	Potatoes, cabbage, carrots, onions, peas, pears, lemons.
